

## Oceanside High School Cross Country - 2019

### First Practice August 19th

### Girls Run First

#### Preseason

<i>Fri., Aug. 30</i>	<i>Laliberte Invitational</i>	<i>Cony HS</i>	<i>4:00</i>	<i>2:00</i>
<i>Sat., Aug. 31</i>	<i>Panther Preseason 2 Miler</i>	<i>Medomak</i>	<i>9:00</i>	<i>8:00</i>
<i>Date</i>	<i>Opponent</i>	<i>Location</i>	<i>Time</i>	<i>Bus Time</i>
<i>Fri., Sept. 6</i>	<i>Med., Boothbay, Morse, Brunswick, Fox Island, Mt. View</i>	<i>Medomak</i>	<i>4:00</i>	<i>2:30</i>
<i>Fri., Sept. 13</i>	<i>Belfast, Erskine, Med., LA, Winslow, Nokomis, Mt. View</i>	<i>Troy Howard</i>	<i>4:00</i>	<i>2:15</i>
<i>Fri., Sept. 20</i>	<i>LA, Lawrence, Camden, Cony, Erskine, Belfast, Waterville</i>	<i>Medomak</i>	<i>4:00</i>	<i>2:30</i>
<i>Thurs., Sept. 26</i>	<i>Mt. Blue, Medomak, Marana., Messalonskee, Richmond</i>	<i>Lincoln Acad.</i>	<i>4:00</i>	<i>2:15</i>
<i>Sat., Oct. 5</i>	<i>Festival of Champions</i>	<i>Troy Howard</i>	<i>10:30</i>	<i>8:45</i>
<i>Fri., Oct. 11</i>	<i>Camden Hills Invitational</i>	<i>CHRHS</i>	<i>4:00</i>	<i>2:30</i>
<i>Sat., Oct. 19</i>	<i>KVAC /Championships</i>	<i>Cony</i>	<i>11:00/12:30</i>	<i>8:15</i>
<i>Sat., Oct. 26</i>	<i>Regional Championships</i>	<i>Troy Howard</i>	<i>TBA</i>	
<i>Sat., Nov., 2</i>	<i>State Meet</i>	<i>Twin Brook</i>	<i>TBA</i>	